

Mecklenburg County Park and Recreation Department is proud to implement Starfish Aquatics Institute (SAI) "Starfish Swimming" program format at each of the aquatic facilities starting fall 2012. SAI offers a nationally recognized swim instruction program for children and adults of all ages and abilities. The different programs offered are StarBabies (6-18 months), StarTots (18-36 months), Starfish Swim School (ages 3 years and up), Starfish Stroke School (once they have surpassed Starfish Swim School). Each of these programs is benchmark focused and contains five stages that each focus on a specific core competency. The core competencies are the building blocks of swimming. All lead-up skills, activities, and benchmarks in each stage focus on the core competency. Each stage has two benchmarks to achieve: a safety skill benchmark and a swim skill benchmark. Please read about the different levels below.

StarBabies Parent or Guardian with child 6 months-18 months

StarTots Parent or Guardian with child 18 months -36 months

The purpose of this course is to develop in very young children a high comfort level in the water while at the same time training parents in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or survive in the water; it does provide a confidence building, fun, loving experience. One parent or guardian must be in the water with each child. Swim diapers required, along with plastic pants recommended and a lined swim suit.

Starfish Swim School Pre-School Ages 3-5 years

Designed to meet the needs of preschoolers, this course will develop a high comfort level in the water, a readiness to swim, and for those children who are developmentally ready, teach beginning swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward development of the five core swimming competencies and receive color level stars in their personal record books for each achievement. Children progress at their own pace in a small group setting.

White– Yellow classes will focus on bubble blowing and beginning to float on front and back. Students will progress to some independent movement to move up to the Blue– Green Level

Blue Green—Students should be able to float and move independently and will refine arm strokes and leg movements and gain breathing skills and endurance. Students will remain in this level until they complete the competency skill for the Green level.

Starfish Swim School Elementary Ages 6- 13years, Age 5 can register upon completion of the pre-school program

Students work toward development of the five core swimming competencies and receive color level stars for each achievement. The color levels are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

Starfish Swim School Adult Beginner Ages 13 and up

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Perfect for adults who desire to learn or improve strokes and water skills for fitness fun. Students work toward development of the five basic core swimming competencies.



Starfish Stroke School Adult Intermediate Ages 13-older

Students refine freestyle and learn stroke technique for backstroke, breaststroke, butterfly and more!

Mecklenburg County Park & Recreation

Marion Diehl Recreation Center

2days / Weekday classes

Swim Lessons

		Nov 27– Dec 19	Jan 8– Feb 2	Feb 5-Mar 2
Fees:	Public	7/8/7/8		
		\$70	TU TH \$80/MW \$70	\$80
	Member	\$56	TU TH\$64/MW \$56	\$64
		<i>7 classes</i>	<i>T/Th 8 classes /M/W 7 classes</i>	<i>8 classes</i>

STARBABIES / STARTOTS—Ages 6 mo-36 mo

Sat 9:50 –10:20. a.m. (6 mo to 18 mo)

Sat 10:25 - 10:55 a.m. (19 mo to 35 mo) Beginner level (White-Yellow)

Sat 11:00 - 11:30 a.m. (19 mo to 35 mo) Advanced level (Blue-Green) instructor permission req.

STARFISH SWIM SCHOOL—PRESCHOOL—Ages 3-5

T/Th 4:45– 5:15 p.m. 69066 69067 69068

T/Th 5:20– 5:50 p.m. 69069 69071 69072

T/Th 5:55-6:25 p.m. 69073 69074 69075

M/W 6:20-6:50 p.m. 69076 69077 69078

M/W 6:55-7:25 p.m 69079 69080 69081

Sat 8:55-9:25 a.m.

Sat 9:30-10:00 a.m.

WHITE-YELLOW LEVELS

STARFISH SWIM SCHOOL—PRESCHOOL—Ages 3-5 BLUE/GREEN LEVEL

M/W 5:45-6:15 p.m. 69088 69089 69090

T/Th 6:30-7:00 p.m. 69091 69092 69093

Sat 10:05-10:35 a.m.

STARFISH SWIM SCHOOL—ELEMENTARY / PRIMARY—Ages 6-13 All Colors Levels

T/Th 4:30-5:15 p.m. XXXXX 69097 69098

M/W 6:35-7:20 p.m 69099 69100 69101

Sat 9:00-9:45 a.m.

Sat 10:40-11:25 a.m.

Sat 12:25-1:10 p.m.

STARFISH STROKE SCHOOL—ELEMENTARY / PRIMARY—Ages 6-13

T/Th 5:20-6:05 p.m. 69113 69114 69115

M/W 5:45-6:30 p.m. XXXXX XXXXX XXXXX

T/Th 6:10-6:55 p.m. 69116 69117 69118

Sat 8:10-8:55 a.m.

Intermediate (White-Red Level)

Sat 11:35-12:20 p.m.

Inter.– Advanced (White-Red)

Sat 11:30-12:15 p.m.

Advanced (Yellow, Blue)

Sat 12:20 1:05 p.m.

Endurance (Green)

STARFISH SWIM SCHOOL—TEEN/ADULT—Ages 14 and up

Beginner Class

M/W 7:30-8:15 p.m. 69132 69133 69134

Sat 8:05-8:55 a.m.

STARFISH STROKE SCHOOL—TEEN/ADULT—Ages 14 and up

Advanced Class

M/W 7:25-8:10 p.m. 69145 69147 69148

1 day / Saturday Lessons

Dec 2-16	Jan 13-Feb 3	Feb 10-Mar 3
\$30	\$40	\$40
\$24	\$32	\$32
<i>3 classes</i>	<i>4 classes</i>	<i>4 classes</i>

Parent/Tot Class

69057 69058 69059

69060 69061 69062

69063 69064 69065

Beginner Class

69082 69083 69084

69085 69086 69087

Advanced Beginner

69094 69095 69096

Beginner Class

69102 69103 69104

69105 69106 69107

69108 69110 69112

Intermediate / Advanced

(YELLOW -GREEN LEVEL)

All COLOR LEVEL– Offered in Spring)

69119 69120 69121

69122 69123 69124

69125 69126 69127

69129 69130 69131

69138 69140 69142

Mecklenburg County Park & Recreation

Marion Diehl Recreation Center

Water Fitness

Instructor Session 1 Session 2 Session 3
Nov 27– Dec 22 Jan 8-Feb 2 Feb 5– Mar 2

	Days	# of classes	Public/Member/Senior		
Fees:	Mon/Wed/Fri (12/11/12)		\$48/\$36/\$24	\$44/\$33/\$22	\$48/\$36/\$24
	Tue/Thu	(8/8/8)	\$32/\$24/\$16	\$32/\$24/\$16	\$32/\$24/\$16
				(NO CLASS 1/15)	
	Saturday	(3/4/4)	\$12/\$9/\$6	\$16/\$12/\$8	\$16/\$12/\$8

HYDROMANIA—Moderate-High Intensity

All over body toning and cardiovascular workout. Since each participant works at their own pace, this class is great for beginner to the most advanced fitness level.

M/W/F	7:30-8:30 a.m.	Ele	69242	69243	69244
M/W/F	8:30-9:30 a.m.	Ele	69245	69246	69247
T/Th	7:00-8:00 p.m.	Ele	69248	69249	69250

DEEP HYDROMANIA Moderate—High intensity

Join us for the best of both worlds, class will be in deep water for half the class and then shallow water for the other half.

T/Th	8:00-9:00 a.m.	Ele	69251	69252	69253
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DEEP WATER FITNESS—Moderate-High Intensity

No swimming skills required, float belts are worn. All-over toning and cardiovascular program held in deep water with float belts. A great upper body workout.

M/W/F	7:15-8:15 a.m.	Donna	69254	69255	69256
M/W/F	8:15-9:15 a.m.	Donna	69257	69258	69259
T/Th	9:00-10:00 a.m.	Charles	69260	69261	69262
T/Th	10:00-11:00 a.m.	Missy	69263	69264	69265
T/Th	1:00-2:00 p.m.	Cynthia	69266	69267	69268
T/Th	7:00-8:00 p.m.	Donna	69269	69270	69271

Sat Dec 2-16 Sat Jan 13– Feb 3 Sat Feb 10-Mar 3

Sat	9:00-10:00 a.m.	Missy	69272	69273	69274
Sat	10:00-11:00 a.m.	Missy	69275	69276	69277

EASY DOES IT—Beginner-Moderate Intensity

A low-level, low impact exercise class. Activities include water walking, aerobic exercise to build cardiovascular endurance and range of motion classes.

T/Th	9:45-10:45 a.m.	Ele	69278	69279	69280
T/Th	1:00-2:00 p.m.	Donna	69281	69282	69283
T/Th	2:00-3:00 p.m.	Donna	69284	69285	69286
T/Th	3:00-4:00 p.m.	Donna	69287	69288	69289

ARTHRITIS FOUNDATION—Beginner Intensity

Gentle stretches and range-of-motion exercises keep tender joints mobile. The buoyancy of the water assists movements, while the resistance strengthens muscles that support joints.

A physicians release is required to participate.

T/Th	9:00-9:45 a.m.	Ele	69290	69291	69292
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DEEP WATER RUNNING—Moderate Intensity

No swimming skills required, float belts are worn. Class format involves interval running cadence class designed to improve endurance, stamina, breathing, and muscle toning.

T/Th	2:00-3:00 p.m.	Cynthia	69293	69294	69295
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Marion Diehl Fall Stroke Clinic

Get Ready for Winter Swim Team here! Swimmers will stay in shape and refine their competitive strokes during clinic.

Dates: Nov 27– Dec 18

M,W,F 4:45-5:45pm

Codes:

-6 and under # 69296

-7 and up # 69297

6-6:45 pm M/W only

7 and up # 69298

Swim Clinic: \$40.00

Winter Swim Team Jan Jan 10–Mid March \$150

M,W,F 4:45-5:45pm

Codes:

-6 and under # 63998

-7 and up # 63999

6-6:45 pm M/W only

7 and up # 64000

